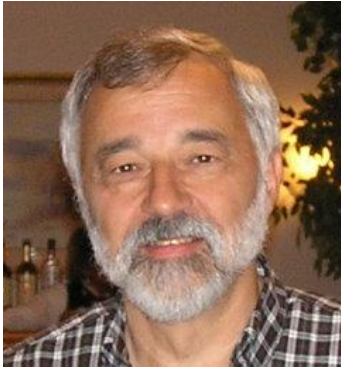


# *Unum Retirees Newsletter*

## *Summer 2015~Eighteenth Edition*



### **Words from the Chair**

*By Roger Rioux*

If you know of any recent retirees who may not be aware of the organization, let them know about us and how they can join by contacting us through the website: [www.unumretirees.org](http://www.unumretirees.org) or by contacting **Steve Bailey** at 846-6648 or [sebailey@maine.rr.com](mailto:sebailey@maine.rr.com). Unum notifies us once per year about new retirees so we may be missing contact information for recent retirees. We now have over 400 members. We have heard that there have been a lot of recent retirements so our numbers should grow.

Please refer to our website, [www.unumretirees.org](http://www.unumretirees.org) for a list of the board members, helpful information about the organization and contact numbers for Unum Retiree benefits.

Our summer picnic occurred on June 23 at *Two Lights Park* in Cape Elizabeth. We planned for 80 people but the weather kept 30 smart people away. The heaviest rain came down just as everybody was arriving between 11:00 and 11:45. In spite of the weather those in attendance were happy to be together. We will consider a rain date for the future, but I am not sure how that would impact our planning. Also we may have to reserve the venue for two days. And then there is no guarantee that the weather would improve on a second day.

The next meeting will be **September 22<sup>nd</sup>** at the *Italian Heritage Center*. I hope we will see you there. An invitation will be distributed three weeks prior to the meeting.

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### **From the Editor**

*Thank you all for your input! It is truly appreciated! **This Newsletter is published for YOU!***

*I would still love to hear from you about what type of "news" you would like to read. Your stories don't need to be long.....just a paragraph would do! We would love any pictures that would go along with your story!*

*I'm looking forward to hearing your input **AND** receiving articles from you!*

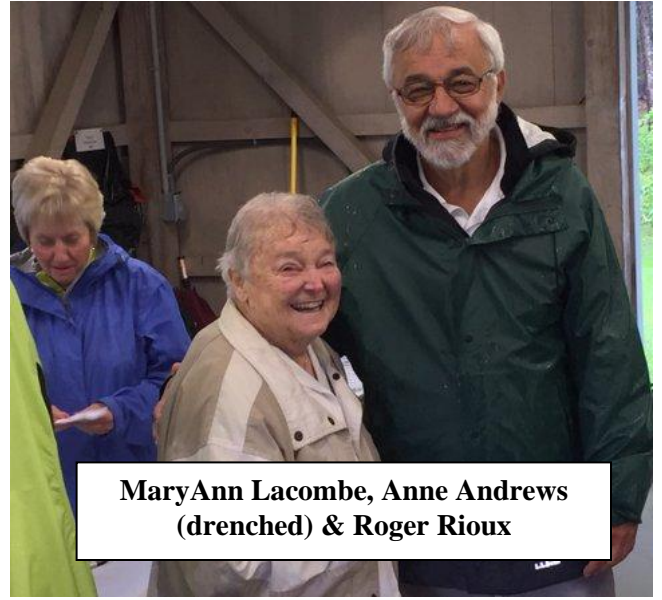
*Pam Libby, Editor [rllibby5@maine.rr.com](mailto:rllibby5@maine.rr.com) or 17 Larchwood Rd., South Portland 04106*

# *Annual Picnic at Two Lights State Park on June 23rd*

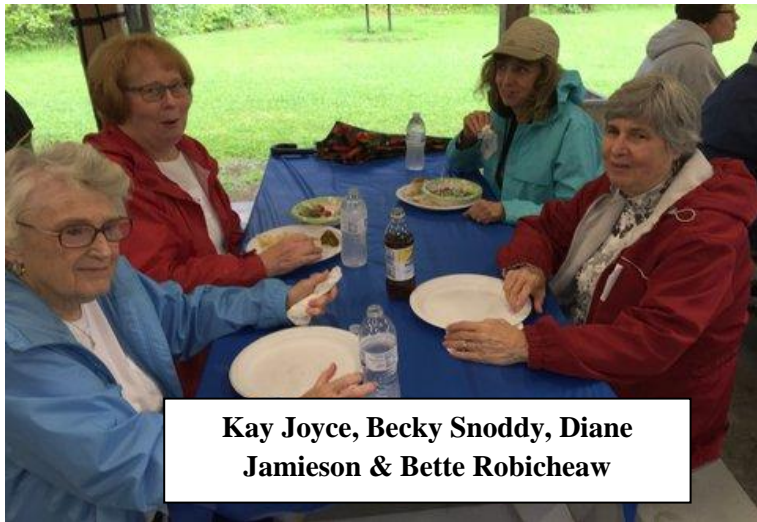
(Photographer Leo Lamoureux with Brenda Anastasoff assisting)



**Lunch line**



**MaryAnn Lacombe, Anne Andrews  
(drenched) & Roger Rioux**



**Kay Joyce, Becky Snoddy, Diane  
Jamieson & Bette Robicheaw**



**Robin Kessler, Candice Jewett &  
MaryAnn Lacombe**



**Joan Reid & Gladys Yankowsky**



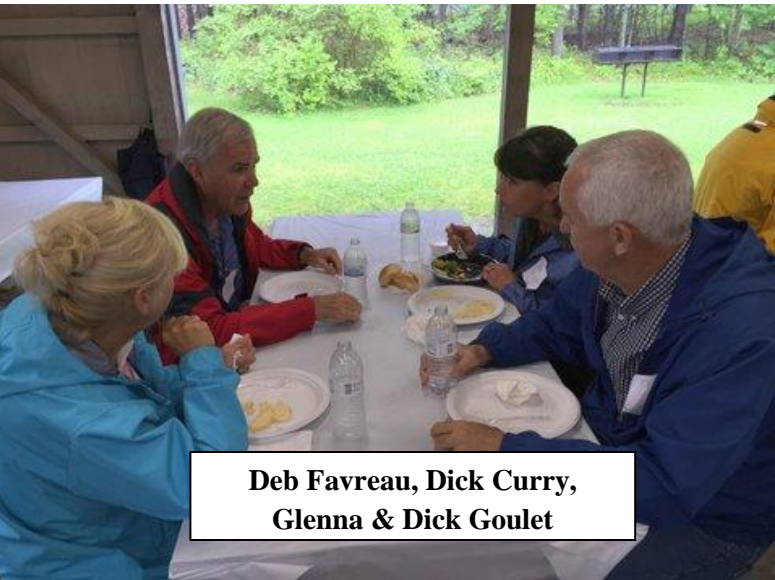
**John Gordon & Stan Small**



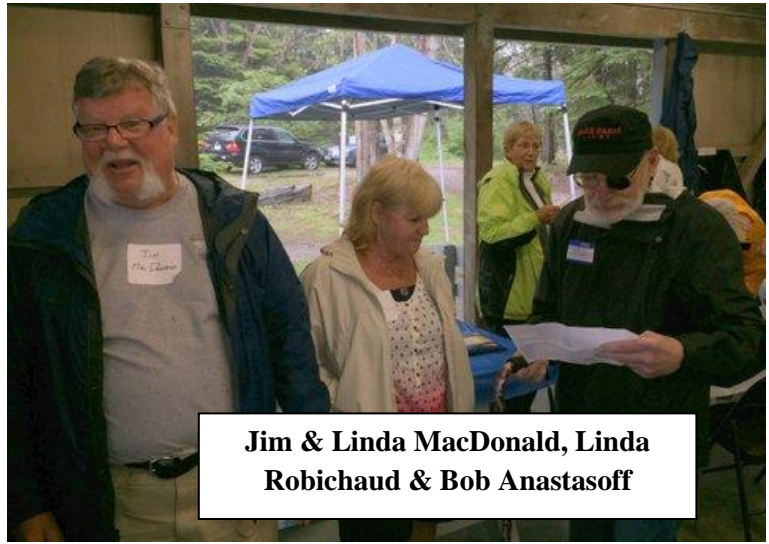
**Carl & Ann Comstock, Joan Della Torre, Alice Moisen & Sue Burgess**



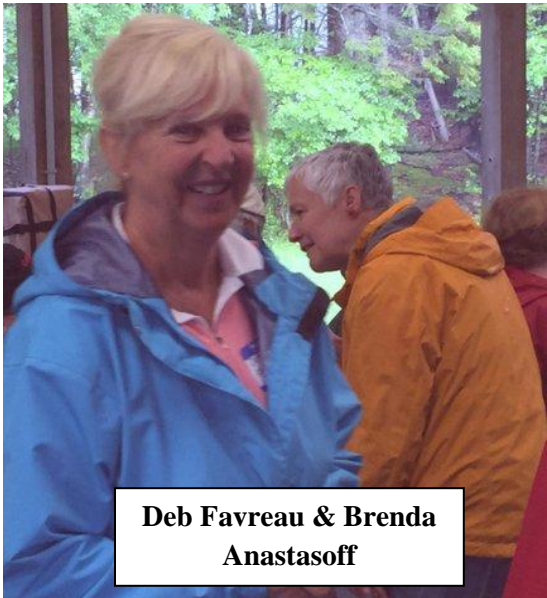
**Laura & Jim Tyrell, Jim Toulouse, Tom & Donalene Fox**



**Deb Favreau, Dick Curry, Glenna & Dick Goulet**



**Jim & Linda MacDonald, Linda Robichaud & Bob Anastasoff**



**Deb Favreau & Brenda Anastasoff**



**Ann Waecker & Roger Rioux**



## Our Dearly Departed *by Bob Anastasoff*



**Ruth Dorothea Carlson**, 99 years old, of Portland, died June 1, 2015, at St. Joseph's Rehabilitation and Residence. Ruth was born on Feb. 7, 1916, in Elizabeth, N.J. She graduated from the Baton School in Elizabeth. She continued her education at Drake Business College, as a secretarial major, in Elizabeth. She was married to J. Arthur (Art) Carlson, on July 29, 1939, for 54 years. In 1956, Ruth joined Union Mutual Life Insurance Company (Unum), and was executive secretary to Bill Barber, Corporate Actuary, until 1972, when she was promoted to legal assistant in Government Relations. Ruth retired in 1981. A celebration of her life was held June 7, 2015, at Jones, Rich & Hutchins Funeral Home, Portland. Interment was private.

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**Frederick 'Fred' Charles Conley**, of Kennebunk, died on June 26, 2015, at Gosnell Memorial Hospice House in Scarborough, at the age of 54. Fred suffered a massive heart attack while participating in a charity bike ride with his wife, Diane, on June 14. He died of complications despite the best efforts of the doctors and staff at Maine Medical Center. Fred was born on Nov. 8, 1960, in Waterville. He grew up in Biddeford and Saco and graduated from Thornton Academy in 1979. He earned his BA in Psychology from Columbia University in 1985. Fred's career path began at Unum. He was lured away from Unum to Hewitt Associates, where he met the love of his life, Diane. They were married in Kennebunk in 1990, and after stints in many states over the years, returned in 2013 to finally settle down. Fred was looking forward to retirement and the chance to travel and give back to the community. Friends visited on June 30, 2015, at Bibber Memorial Chapel, Kennebunk. A Memorial Service was held July 1, 2015, at South Congregational Church, St., Kennebunkport. Arrangements were in care of Bibber Memorial Chapel, Kennebunk. Should friends desire, memorial donations may be made to:  
Family Lifeline Richmond, Virginia [familylifeline.org](http://familylifeline.org)  
Carlisle Charitable Foundation Lyman, Maine [carlislecharitablefoundation.org](http://carlislecharitablefoundation.org)  
Thornton Academy Saco, Maine [thorntonacademy.org](http://thorntonacademy.org)

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After a long and courageous battle with cancer, **Claire Morneault** lost the fight. After graduating from Old Orchard Beach High School, she headed to Washington, D.C. to work for the FBI. She relocated back to Maine, married and raised her family. After becoming a single parent she worked multiple jobs to provide for her family. She was most proud of sending her children to college, something she never could do herself. Claire had a long and rewarding career at Union Mutual and retired shortly after the demutualization to care for her own

mother when she became ill.

At Claire's request, there was no service and a burial at sea. If you are so inclined to do so, contribute to your favorite charity in her name.

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**Adeline Alma Nickerson**, 86, of Yarmouth, passed at the Gosnell Memorial Hospice House, after a brief illness April 14, 2015. She was born on May 7, 1928. She grew up in Brunswick, graduating from BHS in 1946. She married Kaye Nickerson in 1947 and they made their home in Yarmouth. She went to work at Unum in the 1970s and worked there until her retirement in 1989. She was predeceased by her husband Kaye. Family and friends were invited to attend a time of visitation on April 25, 2015, at Lindquist Funeral Home, Yarmouth. A funeral service was held at the funeral home on April 26, 2015, with Pastor Joe Campbell officiating. Interment was at Riverside Cemetery in Yarmouth. In lieu of flowers, donations may be made in her memory to: White Pine Community Church, 94 Cumberland Road, Route 9, North Yarmouth, Maine 04097

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**Frances Catherine Parisi**, 82, of Portland, died on March 16, 2015. Frances was born in Des Moines, Iowa, on Sept. 28, 1932. She attended Yarmouth grade schools and North Yarmouth Academy. For several years she worked at Unum Insurance Co., where she would retire from to care for her mother. A period of visitation for Frances was held March 28 at St. Peter's R.C. Church, Portland, where a Mass of Christian Burial was celebrated for Frances following visitation. For those that desire, memorials may be made in Frances' honor to: Opportunity Alliance Senior Volunteer Program 50 Monument Square Portland, Maine 04101

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**Mrs. Margaret (Loring) "Reanie" Scott**, 86, of Portland, died peacefully on May 9, 2015, at her home. A lifelong resident of Portland, Margaret was born on Sept. 26, 1928. She was a graduate of Cathedral High School, class of 1946. Margaret married George W. Scott, Jr. on July 23, 1955, at the Cathedral of the Immaculate Conception. Together, they shared 53 years of marriage until he predeceased her on Oct. 27, 2008.

Margaret worked at WT Grants when she was in high school. After high school, she worked for New England Telephone Company and later Unum, until she retired in 1993.

Visiting Hours were held May 15, 2015 in the Conroy-Tully Crawford Funeral Home, Portland. Prayers were recited at the funeral home on May 16, 2015, followed by a Mass of Christian Burial at St. Pius X Church, Portland. Burial followed at Calvary Cemetery, South Portland. In lieu of flowers, donations may be made in her memory to: VNA and Hospice 50 Foden Rd South Portland, Maine 04106

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**Stanley B. Sylvester, M.D.**, 90, of The Highlands in Topsham, died on April 10, 2015, after a brief illness. He was born in Portland, growing up near Woodfords corner. He graduated from Deering High School in 1942. After three years in the Army Air Corps, he graduated from Bowdoin College, cum laude. In 1945, he married the former Patricia Curtis. He subsequently lived in Quincy, Mass., while attending Tufts University Medical School in Boston from which he graduated in 1952.

He conducted a suburban practice in family medicine and obstetrics. Dr. Sylvester later moved to the medical department of the Union Mutual Life Insurance Company (now Unum) where he served 25 years, retiring in 1989, as vice president and medical director. In 1992, he was one of the founding members of "Headlighters," an organization of Unum retirees, a group for which he edited an informative newsletter for seven years. In 1976, he married the former Jean Lawler whom he assisted in the operation of her pet care business. For the last seven years, he and his wife have resided in the Maine Lodge at The Highlands retirement community in Topsham.

Surviving is his wife, Jean F. Sylvester of Topsham.

A Celebration of Life was held on May 24 in the dining room of the Maine Lodge at The Highlands in Topsham.

In lieu of flowers, donations in his name can be made to: The Highlands Residents' Assistance Fund

30 Governors Way Topsham, Maine 04086



**Shirley Louise Tanguay**, 68, passed away on June 25, 2015, at Mercy Hospital, surrounded by her children, grandchildren, and other family including her beloved little dogs, Sandy and Gracie. She was born in Portland on Nov. 17, 1946. Shirley attended South Portland schools and graduated from South Portland High School in 1966.

She became a worker in many fields. She was employed 18 plus years at Union Mutual (later Unum) Insurance as a group policy billing specialist.

Survivors include her husband of 48 years, Thomas G. Tanguay.

The family would like to express deep appreciation for the amazing team at Mercy Hospital who worked so tirelessly to keep Shirley as comfortable and pain free as possible while doing their best to conquer her illness. They also want to express thanks and admiration for those individuals at Maine Medical Center and Mass General Hospital who gave counseling and assistance.

Visiting hours were held June 30, 2015 at Hobbs Funeral Home, South Portland. A Memorial Service was held July 1, 2015 at the funeral home followed by burial at Brooklawn Memorial Cemetery.

In lieu of flowers, donations may be made at [www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org)

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## Unum Retirees Website <http://www.unumretirees.org/>

*Bob Anastasoff, Webmaster BobA2000@aol.com*

**Welcome** We are a social group that also encourages volunteerism.

**Unum Retirees Board Members** (Name, function, contact information)

UNUM RETIREES BENEFIT INFORMATION

**Retiree Benefits Described on the Unum Website** This has all retiree plan booklets. *Note that some plan benefits are different based on year retired.*

**Contacts From the Unum Website** This includes shortcuts when making calls.

Telephone Contacts Include:

<b>Pension and Life -- important contact</b>	<b>Towers Watson</b>	<b>800-678-2436</b>
<b>Medical</b>	<b>UnitedHealthcare</b>	<b>855-868-6663</b>
	<b>Aetna</b>	<b>800-438-2602</b>
	<b>Cigna</b>	<b>800-244-6224</b>
<b>Prescription Drugs</b>	<b>Caremark</b>	<b>877-860-6415</b>
	<b>Aetna</b>	<b>800-238-6279</b>
	<b>Cigna</b>	<b>800-244-6224</b>
<b>Dental</b>	<b>Ameritas</b>	<b>800-487-5553</b>
	<b>Cigna</b>	<b>800-244-6224</b>
<b>Long Term Care</b>	<b>Unum</b>	<b>800-277-4165</b>
<b>401k</b>	<b>Fidelity</b>	<b>877-220-4015</b>

NOTE: *Towers Watson at 800-678-2436* is a particularly good resource. They manage all the enrollments for our retirees and have basic info on all our benefits. As needed, they can do research or put the retiree in contact with the right provider (e.g. UnitedHealthcare or Aetna or Cigna or Caremark).

**Unum HR Contact:**

*It is important that plan members first call Towers Watson or one of the carriers (medical or pharmacy) directly if an issue arises. If the provider or Towers Watson is unable to resolve the issue then retirees (or their family members) should contact Unum HR for assistance. Our contact is **Carl Gagnon**, Director of Retirement Programs. He can be contacted at 207-575-4102 or **cdgagnon@unum.com***

**Newsletters** (going back to November 2009)

**Volunteer Contacts in Non-Profit Agencies**

**Unum's Volunteer Service Grant Program:** Unum will donate \$1 per hour for volunteer work for a 501C3 (non-profit) firm.

**Please Keep Track of your Volunteer Hours**

**By-Laws**

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***Important Dates for 2015***

*Unum Retiree Members are welcome to attend Board Meetings. Just let Roger Rioux know beforehand. (207) 671-7906 [rrioux@maine.rr.com](mailto:rrioux@maine.rr.com)*

**Remaining 2015 Board Meetings: September 1st & October 20th**

**Remaining 2015 Luncheon:**

- **September 22nd: Annual Meeting @ Italian Heritage**

**Unum Blood Drive Schedule for the remainder of 2015:**

- HO1 Blood Drives are scheduled for **9/28 & 12/8** from 9:00 AM to 2:00 PM
- HO3 Blood Drives are scheduled for **9/30 & 12/9** from 7:00 AM to 12 Noon

***Please contact Bob Wooten if you are interested in helping out with a blood drive at Unum.***

***(207) 797-8982 [rwooten1@maine.rr.com](mailto:rwooten1@maine.rr.com)***

Volunteers are needed to work at the refreshment table providing donors with refreshments for the 15 minutes they are required to stay at the table. There are usually two three-hour shifts, but we can accommodate other (two hour) shifts.

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## A Picture from the Past

*From Mike MacDonald*

*I thought this might make a fun article for your newsletter. The photo is from Union Mutual sometime in the mid-1970s. It came to me via **John Kirby** and **Bill Whelan**. The story behind the photo goes something like this: **Remember the UNUM IS department's "Beard-Growing Contest"** during the dark, cold winter of the Arab oil crisis days? Do you see anyone you recognize?*



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## A Couple Stories from the Past

*by Keith E. Forrest*

As I recall, and we're going back perhaps 30+ years here (so permit me a little slack), **Dave Tourangeau**, one heck of a nice guy and a key leader within Investments, gave a speech to the division in search of new ideas and said something like "come talk to me anytime, as my door is always open." Well, of course his door was always open---cubicles had just been installed throughout the company and no one had doors any more except the most senior of all corporate executives, such as **Mr. Hampton**.

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**Charlie Prinn's** infamous potato joke---he'd require many more than 50 words and a serious French Canadian accent to pull it off, consistent with Maine summers, but I remember it to this day. Anyone who still knows Charlie up in Yarmouth, it was a classic (and I still remember it to this day).

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## A New "Calling" for Retiree Terri Morris By Terri Morris

Can you guess why this ancient retiree is smiling, contentedly attired in a nun's habit? Has there been a long-delayed calling to the religious life? Not at all....

The calling in this instance is what people in the "theater world" term a "cattle-call"---simply put-an audition!

I had lived here in Florida for five years and had enjoyed many fine examples of live theater and musical events in Sarasota which is only a 45 minute drive from my home in Venice.

My volunteer work had consisted of ushering at a Venice community theater and adding my meager talent to the monthly entertainment roster at the *Venice Friendship Center*.

Last September, I had a read an AUDITION announcement column in a local paper. I asked myself "Am I too old?..Do I have enough energy for rehearsals and performances?..Am I brave?" .....But being only moderately insane, I showed up and completed an audition form. Where it asked for "role interested in" I put "the one with fewest lines to remember in the script". Then for age range of character I put down "50-80"--seemed possible!

Well, maybe the director didn't have that much choice-but I was cast as "**Sister Theresa**", the only nun in an 'old chestnut' of a play called "*Ladies in Retirement*".

I survived 17 performances--only once "fluffed" my lines..enjoyed learning how to milk a line for a laugh from the audience. WOW! How obnoxious of me!

That's my story and I'll stick to it!

**Remember--"You've Got a Lot of Living To Do"!!**



# My Trip to Iceland

by Joan Della Torre

On Saturday, June 6<sup>th</sup>, my two daughters, (Lynne, Cindy) and I landed at the Reykjavik Airport in Iceland. After picking up our rental car, we met my granddaughter, Julie, (Cindy's daughter). who had been there for three weeks doing a Post Graduate Study of Cultural and Ecological Sustainability.

This is the beginning of their "Summer". The temperatures on a sunny day were mostly in the 50's. It is a very windy country and when it rains it is quite chilly.

We began our week of touring Iceland on our own. My daughter, Lynne, had done months of research and planned our trip trying to catch the interesting spots. We saw beautiful waterfalls, glaciers, geysers and lots of sheep on the hillsides.

Much of the terrain there is speckled with lava rock. When traveling on the roads one side would be a barren looking hillside with lava rocks all over it and the other side of the road would be green grass with sheep all over it. Many baby sheep would be on the hills in all kinds of weather.

We went for a Lagoon boat ride to see icebergs and glaciers on a beautiful sunny day. Some of the icebergs were melting as we went by them. Some were very beautiful shades of blue and aqua.

We went on a whale watch boat ride on a cold, rainy day, but we did see lots of humpback whales.

The hardest thing to get used to in Iceland was that it was daylight for 22 hours and the other two hours were like a cloudy day. It never got DARK!

My other three companions went horseback riding one night around 10 o'clock at a nearby horse farm. They said it was awesome riding the Icelandic horses. Of course the sun was still out!



We were on the bridge between two continents.

very barren. My granddaughter said that when the U.S. astronauts were training to go the moon, they trained in this area of Iceland.

The flight home was great. We all will have so many things to talk about for a long time.



We were dressed like astronauts when we were going on the Iceberg Lagoon Boat Ride.

The last three nights we stayed in Reykjavik and what a difference. It is a very lively city with lots of reveling on Saturday nights. This city gets most of its electricity, hot water and heat from their geo-thermal systems. There are lots of coffee houses, pubs and shops here. There was a Subway, KFC and Domino's pizza, but no Dunkin Donuts or McDonald's to be found!!! We did not eat at any chain restaurant.

On our last day we went to the "Blue Lagoon", which is a huge spa created by the excess water from a geo-thermal plant. The water is very warm and supposedly very good for your skin. We put Silica (white mud) on our faces.

On this day we went to the bridge where the North American Plate and the Eurasian Plate meet. This area was